

# Non-Surgical Facelift

Using radio frequency waves to rejuvenate sagging skin and diminish wrinkles, **ThermaCool** is the newest in lifting and tightening the aging face without surgery. Jennifer Barnes reports.



Before



After: ThermaCool treatment by Dr. Stevens

The new ThermaCool Facelift lifts and tightens the aging face without surgery, without lasers and without recovery time. This new FDA-approved technology uses gentle radio frequency waves to rejuvenate sagging skin and diminish wrinkles. This tightens existing collagen in the skin and stimulates new collagen growth. The end result is tighter, firmer skin.

In November 2002, the U.S. Food and Drug Administration (FDA) approved the ThermaCool TC System for the non-invasive treatment of wrinkles around the eyes. The new cosmetic clearance is based on clinical data showing that a single treatment can safely improve the appearance of fine lines and wrinkles around the eyes (such as crow's feet). Marina del Rey plastic surgeon Dr. Grant Stevens and his patient coordinator, Charlie, were some of the first patients treated with the ThermaCool Facelift at Marina Plastic Surgery Associates and both were impressed. "I could see Charlie's brows and lids lift after only three days," says Dr. Stevens. "Her photos document a significant lift after one week; however, most people will see the maximum lift in a few months."

Results vary from patient to patient and are affected by a patient's age, the treatment areas and their skin laxity. According to Dr. Stevens, "Unlike laser procedures, radio frequency energy is unaffected by skin pigment. All skin colors can be safely and effectively treated." Dr. Stevens says often patient's want more than one treatment but suggests waiting three months before repeating.

Occasionally, patients experience a brief redness that fades within a few hours after a treatment but one of the greatest benefits of the ThermaCool Facelift technology is that not only is it extremely safe, patients can return to their normal activities immediately. Dr. Stevens and Charlie both returned to work immediately after their own treatments.

Each time the machine emits a pulse there is a sensation of heat in the area. Fortunately, this heat sensation lasts only fractions of a second and is followed by a cool sensation, which helps minimize any discomfort. While patients do not require any general anesthesia or sedation for this procedure, some opt to apply a topical anesthetic for up to an hour prior to the treatment to ensure complete comfort. There

is typically no down time, no swelling, bruising or pain following the procedure.

Because it is a relatively new procedure, it is not clear how long the results will last, but results have been documented for at least 2 years. Because of the aging process, skin laxity will naturally continue again over time. But the treatments can be repeated at a later stage for further improvement.

"The ThermaCool Facelift has been successfully combined with a number of other non-ablative technologies at Marina Plastic Surgery," reports Dr. Stevens. "Patients have combined it with intense pulse light FotoFacial treatments for photo-aging, red spots and brown spots. Others have combined this with NLite, CoolTouch and Altus Vantage for the treatment of wrinkles and/or acne scars. Microdermabrasion has also been combined as well as Botox® for resolution of dynamic wrinkles caused by the muscles in the face."

With the amount of new technology available now to treat the aging face many skin problems can be helped using non-surgical techniques. For more information, check out [www.ThermacoolFacelift.com](http://www.ThermacoolFacelift.com).